FAMILY LIFE

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SUCCESSFUL MARRIAGE

Merely as a counseling device, the scheme of Alfred Adler is often convenient: he said that there are three basic wants of human beings. Every woman (and it is equally true of men) wants, in the first place, to feel that she is a member of society, in good standing; that she is accepted by those whose acceptance she values; that she is not ostracised. The feeling that one is an outcast is so painful that death has often been thought preferable. She wants to satisfy her herd instincts or impulses,—in short, she wants social acceptance.

In the second place she does not want to feel that she is merely accepted by the world in general; but she wants to feel that with reference to one in that world she means something that no other woman can mean. In short, she wants to satisfy her sexual instincts; she wants a satisfactory love life.

Finally, she does not want to feel merely that she is a member of society at large, and Mr. So-and-so's wife; she wants to feel that she is a person in her own right; that she does something or stands for something that makes her unique. In short, she wants to satisfy her ego impulses; we may say simply that she wants an opportunity for self-expression.

If she has a balanced outlet in these three areas, representing social acceptance, a love life, and self-expression, she is comfortable, her mental health is good, and if she has a husband, he looks good to her. On the other hand if she is frustrated in one of these areas she has inner tensions that create discomfort, her mental health is not good, and if she has a husband he does not look good to her.

Obviously, these needs can all be met better in marriage than in celibacy—that is one reason why marriage is so popular.

From this point of view the sucessful marriage is one in which husband and wife are each in balance in these three areas, and each helps the other to get full satisfaction, neither one frustrating the other. If either partner complains that the marriage is unsuccessful, the counselor can easily determine which of these areas (if not all three) has been blocked; and when the outlet is opened the situation improves.

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1. Many unsuccessful marriages can be helped by nothing more than aiding husband and wife to get a satisfactory social life. The counselor may make a list of possibilities and get each to mark it separately, as to preference or possible interest. At least one item will be marked by both; they can begin to cultivate this one. Here are a dozen topics that might be suggested:

(a) Exchanging visits with old friends or relatives.
(b) Making new friends.
(c) Participating in church activities.
(d) Engaging in outdoor sports.
(e) Taking part in club or lodge affairs.
(f) Helping unfortunate people in the community.
(g) Taking part in politics.
(h) Engaging in civic reforms.
(i) Dancing, particularly, folk dancing.
(j) Playing cards and indoor games.
(k) Attending adult education classes.
(l) Going into art or music groups.

The list can be extended indefinitely, and many of these topics can be broken down into details. If husband and wife try to associate primarily with other happily married couples, they will profit doubly.

2. The sexual adjustment can often be improved by re-education; but it may be noted in passing that this changes with the years. In the early part of marriage the wife may have to take some pains to avoid overstimulating her husband. After 20 years she may have to take a much more aggressive and directly stimulating role, if the sexual partnership is not to slump into a dull routine, the husband to seem to lose interest, and the wife to complain correspondingly.

3. Many marriages that are in trouble can be helped if the wife is enabled to get more of an ego-outlet. Frequently she makes a martyr of herself, alleging that she is giving up to devote her time to her children. This is likely to be as harmful to the children as it is to her. She may justify this additionally by alleging that she has no one with whom to leave small children; that baby-sitters are expensive; so she stays home. Every wife must have some absorbing interest of her own, outside the home,—not absorbing enough to make her neglect the home, but absorbing enough to make her feel that she is an individual as well as a wife and mother. The counselor often finds it necessary to be fairly directive and insistent, in getting her out of the house.

A direct point of attack is the baby-sitter problem. In most communities there are, within half a few blocks of each other, a dozen young mothers, each of them staying home all day because the baby can not be left alone. If half a dozen babies all slept in one house for an afternoon, five of the mothers would be freed to do something else during those hours. Another could take the children the next day, and so on. Such co-operative pools, which can be composed of no more than two families, have been

highly successful; they cost nothing; and they give mothers priceless time for recreation and rest.

Fathers should also be prepared to take their fair share. If a husband will devote an occasional Saturday to looking after the children while his wife gets away, it will be beneficial to both husband and wife.

Adler's concept of the threefold need of human beings is a simple one which any client can understand. Obviously it overlooks many important elements—the spiritual, for instance—but it makes a good footrule by which counselor and client alike can measure the equilibrium of the partnership and correct it if it is out of line. When husband and wife each have an outlet in these three areas, neither of the areas overshadowing the others; and when they maintain similar balance as between themselves; they are likely to consider the marriage successful.

PAUL POPENOE, SC. D.

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Research Notes

PREMATURE BIRTHS are closely associated with mother's cigaret smoking, according to Winea J. Simpson of Loma Linda, Calif., who studied 7500 women in three hospitals in San Bernardino County. Women who smoked seven cigarets a day accounted for seven percent of the premature babies in her study. Those who smoked 15 cigarets a day accounted for 13.6% and those who smoked 25 accounted for 25% of the prematurity. Excessively heavy smokers—smoking 35 cigarets a day, accounted for 33.38% of the prematurity. In her study, reported in the *American Journal of Obstetrics and Gynecology,* April, 1957, she also reviews the literature, citing for example Paul Bernard's study (in Germany) of more than 5,000 women. He found menstrual disorders more than three times as frequent among women who smoked as among those who did not, and said that premature menopause occurred in more than 20% of the smokers compared with 2% of the general population.

WOMEN LIVE LONGER than men, but the reasons in detail have not been fully known. Francis C. Madigan, S. J., planned an ingenious study by examining the records of Brothers and Sisters in Roman Catholic teaching communities. He found convincing evidence that the difference is biological, not cultural; and it seemed to him probable that women are no more resistant to the infectious and contagious diseases than are men, but that they have greater constitutional resistance to degenerative diseases. (Milbank Memorial Fund Quarterly, April, 1957.)

JUVENILE DELINQUENTS coming into the Philadelphia municipal court were from incomplete families (i. e., husband and wife not living together) in a surprisingly large number of cases. Among first offenders 22% of white boys and 49% of Negroes, 42% of white girls and 68% of Negro girls, had such background, according to Thomas P. Monahan, who comments, "Strengthening and preserving of family life, among the groups which need it most, could probably accomplish more in the amelioration and prevention of delinquency and other problems than other single program yet devised." (*Social Forces, March,* 1957.)

CONCILIATION COURT

Recent changes in the Los Angeles Conciliation Court were described by Attorney E. L. Fraser, addressing the Institute staff meeting on March 29. Set up in 1939 through an act of Legislature, inspired by Judge Ben B. Lindsay, the Children's Court of Conciliation was intended to provide an alternative method for dealing with divorce petitions involving minor children. It was a division of the Superior Court, and any plaintiff or defendant in a divorce suit involving children could ask to have the case transferred to the Conciliation Court, where an attempt was made to work out an amicable settlement without breaking up the home. If this failed, the case went back to the division of the Superior Court, where the divorce suit was adjudicated in the usual way.

The word "children" has now been dropped by statute, so that this is merely the Conciliation Court and it hears cases in which no children are involved. Indeed, there may not even be a separation. If either partner feels that there is danger of a break-up of the marriage, a petition may be filed with the Conciliation Court. There is no filing fee and an attorney is not even necessary. The Court can compel the other spouse to come in and can also compel attorneys or a third person, if desired, for instance, an interfering in-law or the "other woman" or "other man" in a triangle.

In addition to the judge, (currently John Gee Clark) the law provides for a commissioner, a senior counselor, another counselor, and clerical help. It hears from 100 to 150 cases monthly. The total number of divorce suits filed in Los Angeles County every month is more than 2000, so the Court will need much more additional trained help to give all the service that would be desirable.

If the counselor enables the contending parties to work out a reconciliation, this is embodied in a reconcilation agreement, signed on the spot, which thereupon becomes part of a Court Order for thirty days. Any violation of the agreement would constitute contempt of court. Only one such case of contempt has actually been tried, however. The reconciliation agreement is long and detailed in outlining points on which a change in marital relations is necessary. Obviously, more extended counseling would be required, in many instances, to remove the underlying causes of the difficulties and at present the only thing the Court can do is to recommend that the couple consult some community chest agency. Unfortunately, most of these, even if qualified to give the needed help, have long waiting lists and a couple may easily get into further trouble before they can receive further assistance.

However, it is estimated that about fifty percent of reconciliations are successful if no divorce suit has been filed, and twenty-five percent if a divorce is actually pending. Some follow-up studies to determine the permanency of reconciliation, of course, would be highly desirable though not easy to make. In general the Conciliation Court seems to be approved by attorneys as well as by the public. Additional appropriation of money to employ sufficient properly qualified marriage counselors would greatly increase the value of this interesting experiment.

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Church and Family

CONTRIBUTION of the churches to family solidarity was examined by mem-

bers of a committee of the National Council of the Churches of Christ in America, who concluded: "Much has been said in various quarters about the community's rending of the family unity through the various pulls of community groups and activities. But is not the church also guilty at many points in providing a program which not only does not enhance family life, but actually militates against family life by being so divisive? Women's groups, men's groups, youth groups, choir, and the like are specialized groups in terms of age. As over against all of this divided activity, how much family activity does the church provide? What are such activities? What would comprise a good family life program in a local church?"

It also noted that "many families within the church have little or no idea why or how family conflicts arise. They have never analyzed their problems. Yet secular agencies have developed resources which enable marriage and family consultants to aid their clients in the solution of their problems. The church ought to lay hold of these resources. The church also ought to help parents or groups of parents recognize the causes of conflict, find solutions to their problems, and train them in ways of behaving and thinking which will enable them not only to solve their problems but also to avoid them."

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Help Wanted!

Demand for competent persons in the field of family life education and marriage counseling increases steadily, and the AIFR will be happy to hear from anyone seeking a position. For obvious reasons there is a particular shortage of women who have thorough training, a Ph.D. or other doctorate, are happily married, and are free to travel. But men are also needed. More and more, the tendency of universities and other agencies is to attach great weight to personality and basic character, as well as to maturity and marital status.

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Around the World

COMMUNIST PARTY in China has started a campaign to check divorce and strengthen family life, after abolishing "feudalist marriage" in 1950. Evidently the results of laxity have been unsatisfactory, as they also were in the Soviet Union after its abolition of "bourgeois marriage" following the 1917 revolution. Official Chinese newspapers are continually demanding that "the principle of freedom of marriage should not be abused", and one of them published accounts of divorce proceedings in which the judge almost bullies a half-hearted applicant into going through with her case when obviously she wished to back out. The *People's Daily,* mouthpiece of the party, is attacking the impertinence of party members in supervising the emotional affairs of their associates.

FRENCH MOTHERS are entitled to "priority cards" which relieve them them from having to stand in line to see officials, make purchases, buy travel tickets, etc. Numerous classes of mother are benefited, for instance, those who have four living children under the age of 16 or three under 14; pregnant women after the fourth month; those who are nursing a baby at the breast.

Inexpensive Pamphlets

MILESTONES TO MARRIAGES, nine letters to senior in high school, by Henry Bowman and others, price 50c per set from Mental Health Materials Center, 1790 Broadway, New York 19, N.Y.—Folders which have been used successfully for some years by the Louisiana Society for Mental Health.

U. S. WOMANPOWER: are we underestimating it? Folder, price 25c from *Vital Issues,* pub. by the Center for Information on America, Washington, Conn.

WHAT IS MARRIAGE COUNSELING? by David R. Mace; Pp. 28, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y.

YOUR EMOTIONS AND OVERWEIGHT, by Elizabeth M. Dach. Pp. 23, price not stated, from Mental Health Materials Center, 1790 Broadway, New York 19, N.Y.

FOR PARENTS TO BE: how food helps mother and baby. Pp. 13, price 10c from National Dairy Council, 111 N. Canal st., Chicago 6, Ill.

ALLERGY IN CHILDREN, price 25c from the American Foundation for Allergic Diseases, 274 Madison ave., New York 16, N.Y.

WHEN YOUR CHILD DISLIKES WORK, price 50c from Work Education Foundation, P.O. Box, Pittsfield, Mass.

Educational Notes

NATION-WIDE finding of increased infection with venereal disease among teen-agers has been corroborated in a USPHS study in Los Angeles, where 61% of those coming to a treatment center had not finished high school. Average age for first sexual intercourse was 13.5 years, and in both sexes it was reported that "when a teen-ager was introduced to sex, it usually was done by an adult in the 20s or older." It was disclosed that junior high school students knew as much about VD as college people, which led the researcher to "hazard the guess that our public schools are failing in this department of knowledge." It was further noted that "students who have received part of their education outside of Los Angeles know more (about VD) than those who have been here longer." The VD problem among youngsters in Los Angeles started to increase about 1953, shortly after the public schools quietly discontinued lectures on the subject.

NATIONAL SOCIETY for crippled children and adults will hold its annual convention in Chicago, Oct. 31-Nov. 2. Hq are at 11 S. LaSalle st., Chicago 3, Ill.

LIFE EXPERIENCE INVENTORY, by Gilbert L. Betts and Russell N. Cassel, is now available to qualified persons from C.A. Gregory Co., 345 Calhoun st., Cincinnatti 19, Ohio at 65c for specimen set. Designed for use with mature men and women and teenage youth, it represents a painstaking revistion of a screening test used in the last war.

THE ROAD TO INNER FREEDOM: The Ethics of Spinoza, ed. by Dagobert D. Runes. Pp. 215 (no index), price $3 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1957.

This masterly work of the Jewish philosopher (1632-1677) who is described by the editor as "the most Jewish of all thinkers" even though he left that religious group and was disowned by the congregation, is presented in a very satisfactory translation.

NEW BOOKS IN BRIEF REVIEW

MARRIAGE AND THE FAMILY, an integrated approach for Catholics, by Alphonse H. Clemens. Pp. 356, price $6 from Prentice Hall, 70 Fifth ave., New York 11., 1957.

The scholarly director of the marriage counseling center at the Catholic University of America (Washington, D.C.) has written a comprehensive textbook. In addition to the well-known studies of the subject he cites many from Roman Catholic sources, often unpublished theses, that will be of value to every student. The appendix provides a unique chapter entitled "Unscientific aspects of marriage literature" which analyzes six of the best-known general surveys, continually quoted by every writer in this field, pointing out that not one of these studies, nor all of them put together, has given us conclusions that are "applicable to couples generally throughout the nation." All of them suffer from sampling and other limitations; hence none of them should be taken too seriously as "the voice of science" to guide human behavior.

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EPILEPSY, by Lititia Fairfield. Pp. 159 (no index), price $4.75 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1057.

An English woman physician summarizes for the public much of the modern knowledge of all aspects of epilepsy. Parents whose children have convulsions must cooperate closely with a physician, but should be reassured, she says, that in perhaps three-fourths of all cases the difficulty will be outgrown. Meanwhile "all experts are agreed that activity is the best thing for the epileptic." Overstrain should certainly be avoided, but physical and mental activity seem to be the antagonist of seizures. Marriage may be quite possible—it depends on the circumstances; and the chance of having an epileptic child is only one in 40, she thinks, if one parent is epileptic. Pregnancy seems to have no effect on a woman's seizures. This is a good, although somewhat expensive handbook for any interested person.

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HIDDEN POWER FOR HUMAN PROBLEMS, by Frederick Bailes. Pp. 222, price $3.95 from Prentice Hall Inc., Englewood Cliffs, N.J., 1957.

Dr. Bailes is founder of the Science of Mind church in Los Angeles, and an influential exponent of the doctrines sometimes loosely classified as New Thought. In this very readable book he tells people how to develop inner poise through Mind Mastery—the power of spirit over matter. He deals with specific problems, describes methods of healing yourself and of healing others. Some will be antagonized by his claim to heal brain tumors, for instance. Others will be glad to have a detailed picture of the way in which "religious practitioners" operate.

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GROUP WORK IN THE PSYCHIATRIC SETTING, ed. by Harleigh B. Trecker. Pp. 224 (paper covers), price $0.00 from Wm. Morrow & Co., 425 Fourth ave., New York 16, N.Y., 1956.

Papers read at an Institute conducted by the American Association of Group Workers in 1955. It is a forward-looking report which will interest social workers but has little value for those con-

cerned with group counseling.—*Clinton E. Phillips, M.A.*

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THE CHILD AND HIS WELFARE, by Hazel Fredericksen. Pp. 364, price $5 from W. H. Freeman & Co., 660 Market st., San Francisco 4, Calif., 1957.

Second edition, largely revised, of a textbook for college classes, particularly in social work. Mrs. Fredericksen urges wider use of volunteers in social work. The book is broad in scope and ends with a list of films on child life.

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ESSENTIALS OF SOCIAL GROUP WORK SKILL, by Helen U. Phillips. Pp. 180 (no index), price $3.50 from Association Press, 291 Broadway, New York 7, N.Y., 1957.

Based on a doctoral dissertation, this book is directed to social workers who are associated with agencies of many kinds. It is loaded with a good deal of the jargon which social workers affect and will appeal largely to professionals. Dr. Phillips is now associate professor and chairman of the social group work department of the School of Social Work,

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BAFFLING EYES OF YOUTH, by John K. Donohue. Pp. 245 (no index), price $3.50 from Association Press, 291 Broadway, New York 7, N.Y., 1957.

The title of the book was taken from a poem by Carl Sandburg: "Read if you can, the strange and baffling eyes of youth." The author had particularly in mind, in recording this 25-year study of a delinquent gang, civic leaders, youth workers, and law enforcement officers. He worked continuously with the conviction "that these were a group of boys who, if understood, might be helped to achieve a happier and more constructive adjustment to society." He did not look upon the boys for what they were but for what they were possible of becoming. The book is an actual documentary account of a delinquent gang, its mores, its colorful language, and its value. It is not dry but fascinating reading. The reader can't help but empathize with Tony when he says, "This business of being good finally gets a guy," or with Hallie when she says, "I was born in a house that was not more than a rabbit warren with more kids than windows." The main theory of the author is that if you want to work faithfully and constructively with a delinquent gang it is absolutely necessary that you understand and appreciate "the experiences of which their lives are a product." Most of the boys became average citizens. If you work with adolescents who have serious problems you will find the book helpful. —*Robert S. Hicks, Pd. D.*

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THE SANCTITY OF LIFE AND THE CRIMINAL LAW, By Glanville Williams. Pp. 365, price $5 from Alfred A. Knopf, 501 Madison ave., New York 22, N.Y., 1957.

Some of the knottiest problems of modern times are examined by Dr. Williams: contraception, sterilization, artificial insemination, abortion, suicide, and euthanasia. In each case he tries to consider the subject in the light not merely of law but of morality, religion, social policy, eugenics, and demography, with a broad philosophical outlook back of all of these. His point of view is "liberal," but even those who dissent from some or all of his conclusions should be interested in the wealth of information and argument that he presents. Most readers will be somewhat appalled by the fine hair-splitting found not merely in the theological but also in the legal, medical, and ethical

presentations. He comes out strongly for the spread of a knowledge of the control of conception: "there is still no evidence in the policies either of Great Britain or of the United States that the terrible urgency of the conflict between numbers and resources is appreciated." He is entirely favorable to voluntary sterilization and to artificial insemination. After examining the questions raised by abortion more fully than any other topic in the book, he favors a frank acceptance of its desirability in many instances. He believes individuals have a right to commit suicide and that those who "unselfishly" aid and abet them should not be considered to commit a crime. He favors giving the medical profession full power to use euthanasia in its own judgment. But his own conclusions are less important than the discussion in which he presents all sides of each question.

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"I CAN", by Ben Sweetland. Pp. 282 (no index), price $2.95 from Cadillac Publishing House, 220 Fifth ave., New York, N.Y., 1953.

Tenth printing (1957) of an inspirational "success book" by a San Francisco lecturer and radio broadcaster. Chapters are given to finding a mate and to happiness in marriage.

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HALF THE WORLD'S CHILDREN, by S. M. Keeny. Pp. 254, price $3.50 from Association Press, 291 Broadway, New York 7, N.Y., 1957.

Inspiring "diary of UNICEF at work in Asia." Sam Keeny has been director, Asia Regional Office, United Nations' Children's Fund, since 1950.

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PSYCHIATRIC STUDIES, by C. G. Jung. Pp. 269, price $3.75 from Pantheon Books, 333 Sixth ave., New York 14, N.Y., 1957.

Early studies of the Swiss psychoanalyst, including his doctoral dissertation. Since most of them date back half a century or so, their interest is largely historical. This is Vol. I of Dr. Jung's collected works (although actually the sixth to be published), in the admirable Bollingen Series.

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YOURS IS THE POWER, by Florence Widutis. Pp. 224 (no index), price $3.50 from The Pilgrims, Box 495, Somerville, N.Y., 1957.

Written for "people who are frustrated in their search for love and personal fulfilment," this book outlines a detailed three-week course of release and direction of human energies. Mrs. Widutis is described as a pioneer in human relations in many different directions.

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THE WRITING ROAD TO READING, by Romalda Bishop Spalding with Walter T. Spalding. Pp. 238 (no index), price $4 from Whiteside, Inc., distributed by William Morrow & Co., 425 Fourth ave., New York 16, N.Y., 1957.

The "Unified Phonics Method" presented for use by parents and teachers. Mrs. Spalding has helped children with reading difficulties for more than 20 years; she now lives in Hawaii with her husband, an architect.

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SPOTS AND WRINKLES, by Mary Lanigan Healy. Pp. 159 (no index), price $2.25 from McMullen Books, 839 Stewart ave., Garden City, N.Y., 1957.

Every-day adventures of a family with nine children; first published in Los Angeles *Tidings*.

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A GUIDE FOR REFORM JEWS, by Frederick A. Doppelt and David Polish.

Pp. 117 (no index), price $2.50 from Bloch Publishing Co., 31 W. 31st st., New York 1, N.Y., 1957.

This little handbook by two rabbis outlines the observances of the reform Jews, most of them concerned with family life. Apart from the readers to whom it is directed, it will be of much interest to counselors and all others who should be familiar with customs of an important segment of the American population.

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GOOD HOUSEKEEPING'S COMPLETE WEDDING GUIDE, ed. by Elizabeth Stewart Weston. Pp. 255, price $4.95 from Doubleday & Co., 575 Madison ave., New York 22, N.Y., 1957.

Solemn recital of the elaborate, expensive, and often meaningless and perfunctory ritual which is supposed to be followed by "anybody who is anybody," in entering marriage; but utterly ignoring even a hint that some educational preparation might also be needed, and obtained, to make the marriage a success.

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PERSONALITY AND RELIGION, by Paul E. Johnson. Pp. 297, price $4.50 from Abingdon Press, Nashville 2, Tenn., 1957.

Man's dilemma, says Dr. Johnson, is his feeling of "self" and desire to maintain this, and at the same time,—as he becomes mature,—his recognition that he must sacrifice his individuality to gain the approval of others. It is at this point that religion can solve his dilemma by establishing basic relationships that give him security yet never stifle his individuality. Psychology is unable to meet the individual's needs unless it brings religion to its aid. Dr. Johnson (professor of psychology of religion at Boston University school of theology) examines the principal theories of personality, illustrates them with detailed case studies and autobiographies, and applies his principles to everyday life.

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MYTH AND GUILT, by Theodore Reik. Pp. 432 (no index), price 5.75 from George Braziller, Inc., 215 Fourth ave., New York 3, N.Y., 1957.

Whether it be called "original sin" or merely a universal feeling of anxiety, Western man suffers from a sense of collective guilt and need for punishment, according to psychoanalyst Reik, and he joins others in tracing it back to the Garden of Eden, but broadens the explanation. The sin of Adam (as a representative of mankind) was a symbolical description of the young men of the tribe killing their father, who is symbolized as a tree,—the Tree of Life, which in turn represented God; so the primal crime was the desire of man to be God. This was not expiated until many centuries later when another Son was put to death on the "tree." This is a very bare outline of a story which Dr. Reik tells with an enormous amount of detail, of speculation, and of "interpretation." Some readers will feel that he has built a large superstructure on a very small foundation, but will yet be entertained and sometimes instructed by the information he presents. Dr. Reik, one of the last survivors of the original circle of students around Freud, is now a practicing analyst in New York City and author of a number of other books.

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NINTH INTERNATIONAL congress on home economics will be held in College Park, Maryland, July 28-August 2, 1958. Inquiries should be sent to Congress Director, American Home Economics Assn., 1600 20th st., Washington 9, D.C.

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